## This Page Is Inserted by IFW Operations and is not a part of the Official Record

## **BEST AVAILABLE IMAGES**

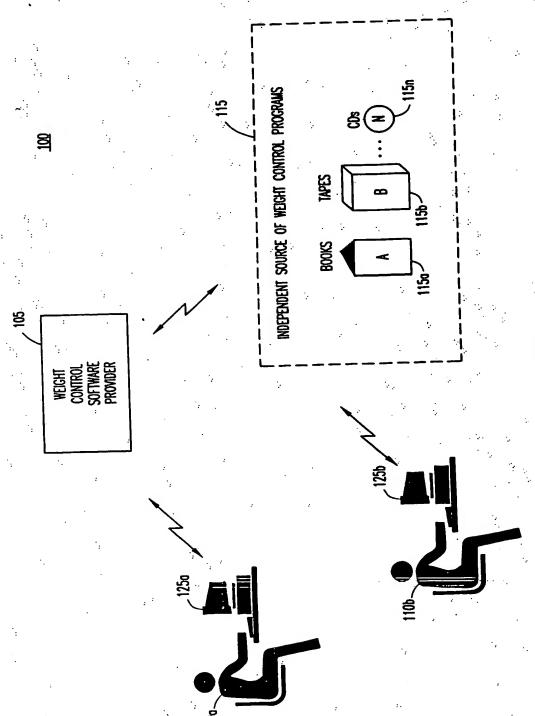
Defective images within this document are accurate representations of the original documents submitted by the applicant.

Defects in the images may include (but are not limited to):

- BLACK BORDERS
- TEXT CUT OFF AT TOP, BOTTOM OR SIDES
- FADED TEXT
- ILLEGIBLE TEXT
- SKEWED/SLANTED IMAGES
- COLORED PHOTOS
- BLACK OR VERY BLACK AND WHITE DARK PHOTOS
- GRAY SCALE DOCUMENTS

## IMAGES ARE BEST AVAILABLE COPY.

As rescanning documents will not correct images, please do not report the images to the Image Problem Mailbox.



.I.C. 1

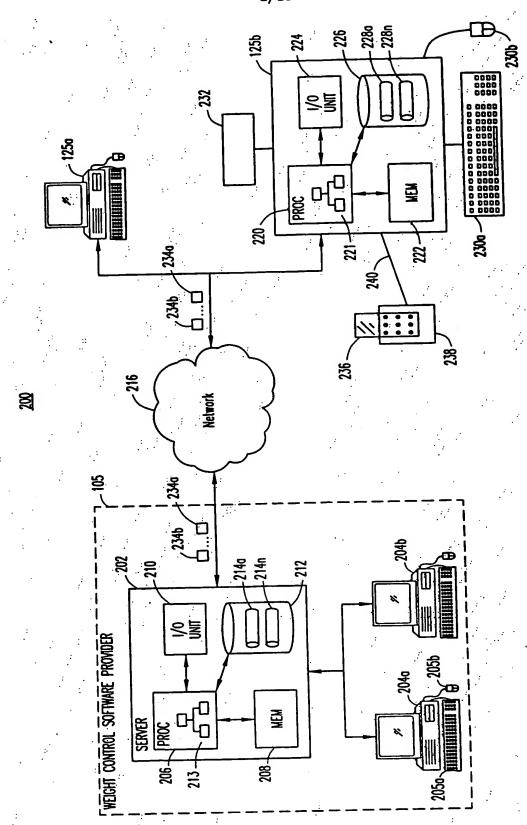
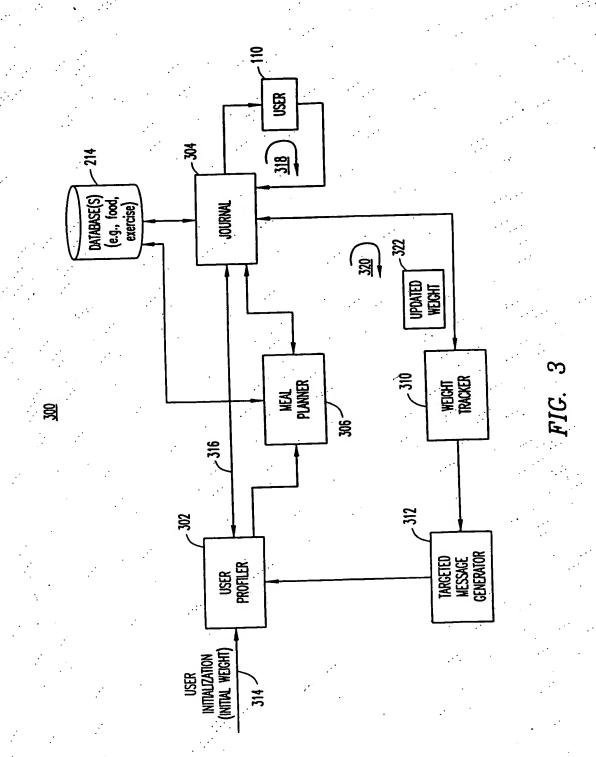
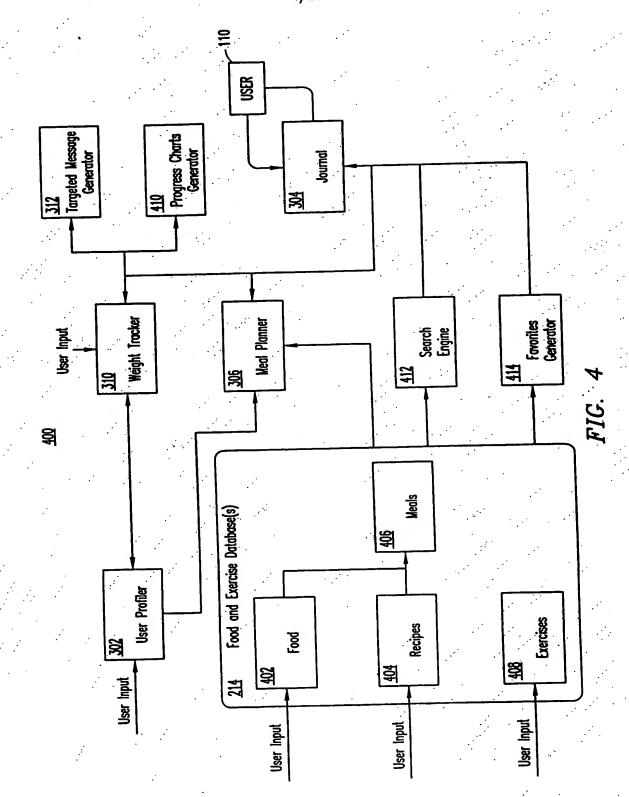
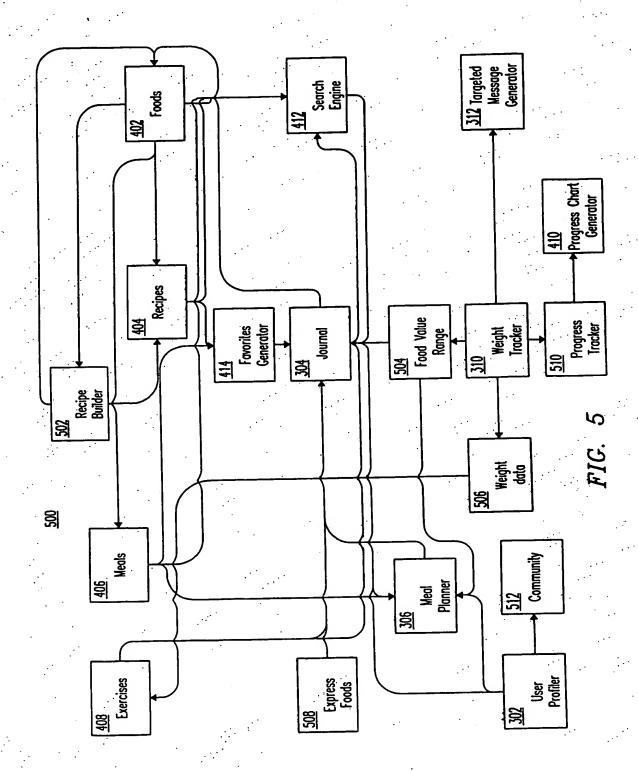


FIG. 2









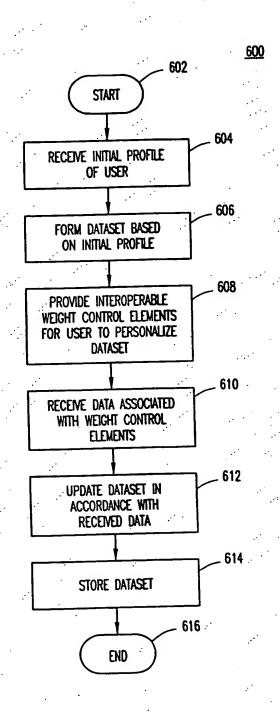


FIG. 6

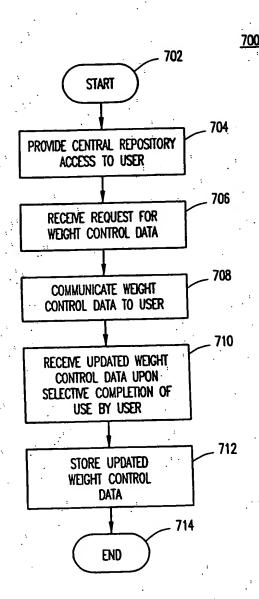


FIG. 7

Title: Weight Control System With Meal Plan and Journal Inventor: Kirchhoff, et al 03968-P0001C

8/28 LOGIN find a meeting about us my profile site map help 802 shop just for me home (the plan) community sucess stories food & recipes healthy life Journal | Weight Trocker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections Current Weight Information Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics 814 Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 MAIN St. Hair color: Brown City: Anytown State: NY Other Demographics Zip code home: 12345 Race: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: At E-mail: jsmith@workplace.com Receive Information: No Heath Restrictions E-mail Weight Loss Progress: No None E-mail Format: text Profession: Professional (e.g., doctor,lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information 822 Payment Information Credit Card: Visa Credit cord number: \*\*\*\*\*\*\*\*1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 MAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information Total Subscription Charges for Monthly Fee: \$8.00 x 6=: \$48.00 Savings/Discount: \$0.00 Toxes: \$0.00 Total Charges: \$48.00

900a

	<del> </del>
<b>(3)</b>	
File Edit View Go Favorites Help	e
	.
Back Forward Stop Refresh Home Search Fovorites Media History Mail Print Edit	
Address  http://	<b>C</b> 60
802 find a meeting about us my profile site map help LOCO	<u>л</u>
8066	-11
home my plan community sucess stories food & recipes healthy life filness just for me shop	ا لر•
Journal Weight Tracker Progress Charts My Fovorites POINTS Calculators Assessment Tooks for Living Intro to eTooks	
8080	
914 print day	
my in	de
9040 9040 9040 9040 9040	नार
Add Food Add Exercise Notes Calendar Check All 910 Total Food POINTS used	24
012 -	- 7/
Step 1: Select a med firms:  908   Morning   912   920   Morning   Nidday   Devening   O Snock   D 1 medium pear(s)	1
The cup light artificially sweetened vocurt	2
Step 2: To odd food, you can either:  Search our food database  916	
toost FIND 06 overage almonds	1
Select a fovoribe: Est forestes MAKE THIS WEAL A FAVORITE. Subtotal	_5
Select from My Favorites > ADD   Widday	
Express it Enter your food and its POINTS value:	ᆛ
Foot: POINTS:     I oz low-fot cheddar or colby cheese	-
ADD Cop cooked broccos	1 0
D the slive of	11
Need Help? Go to the Find tips from others on ☐ The Weight Watchers ☐ The Weight Watchers ☐ The Principal The Pri	0
Journal User Guide eTools Tip Exchange 1 medium orange(s)	
MAKE THIS MEAL A FAVORITE Subtotal	6
[1] (A) Island	
Internet	

FIG. 9

1000

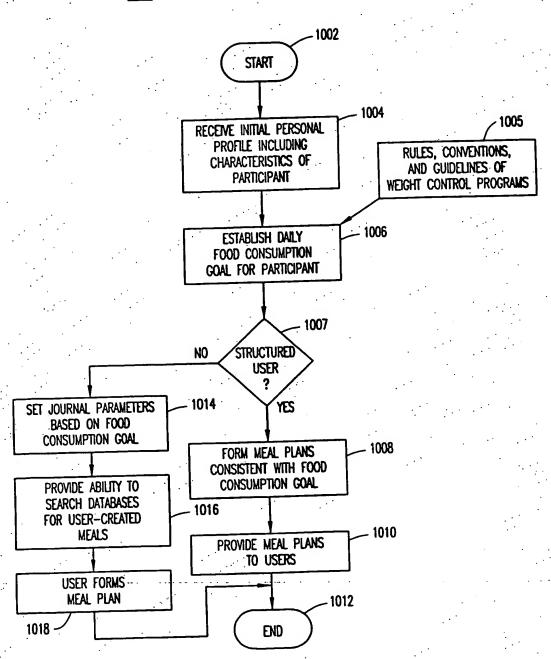


FIG. 10

900b

File Edit View Go Favorites Help	<b>3</b> _
Star Defends Harman Source Forgottes Media History Moil Print Edit	:
lack Forward Stop Refresh Home Search Favorites Media History Mail Print Edit	<u></u>
Adress IP I III W.//	_
find a meeting about us my profile site map help LOGOU	+
home my plan community success stories food & recipes healthy life filness just for me shap	$\sqrt{}$
Journa (Weight Tracker Progress Chartshy Favorites POINTS® Calculators Assessment Tools for Living Intro to eTools	)
additional in the second secon	
print day	
my journal - Friday, Jan 25, 2002 - Target: 27 Range: 22-27 Bank: 3 print blank journal was guit	ė
9046 906	<u> </u>
Add Food Add Exercise Notes Calendar     3/4 cup cooked brown rice   Subtated   Subtated	괅
The to To odd on consider you can either.	4
Snack  Snack  Snack  I cup light ortificially sweetened yogurt	2
1104 weight lifting FIND 1106 D1/2 cup sugar-free fruit flavored gelatin	0
Select a fovoritie: Est foother   C12 Then gerosal whileped cream	0
Select from My Fovorites ADD	1
Express it! Enter your food and its PONTS value:    3/4 oz chocolate chips   3/4 oz chocolate chips	긬
ADD   MAKE THIS MEAL A FAVORITE   Subjected	24
Total Food POINTS used  Total Food POINTS left for today	쒸
Find firs from others on	냭
Need Help? Go to the Journal User Guide the eTooks To Exchange    Exercise  30 min walking, leisure	П
Total Activity POINTS earned	
Check off daily on these important items	
Water Multivitamin Supplement	1
(S) Internet	

FIG. 11

<u>900c</u>

কী		
File Edit View Go Favorites Help	E	
> , ⇒ , ⊗ B 6   Q	Fovorites Media History Mail Print Edit	
uddress 15 http://	₹ 60	0
uuicas (ELL WF11	find a meeting about us my profile site map help LOCOUT	
	recipes healthy life fitness just for me shop panic	] [
Journal Weight Tracker Progress Charts My Favorites POINTS Co	alculators Assessment Tools for Living Intro to eTools	
914~		
my journal - Friday, Jan 25, 2002 - Target 27 R	906	
Add Food Add Exercise Notes Calendar	DRIFTE CHECKED TIEMS SAVE & BANK	٦
All Finds	□ Check All Total Food POINTS used 24	4
Step 1: Select a med time:	Morning	4
⊙ Norming O Nidday O Evening O Smack	3 slice(s) crisp cooked bocon	5
Step 2: To add food, you can either.	□ / large med edu(s)	9
Search our food database	MAKE THIS WEAL A FAVORTIE Subtonal	-10
FIND	1 small serving(s) cooked lean beef sleak	7
Select from My Favorites ADD	1 cup(s) fruit solod	2
	MAKE THIS MEAL A FAVORITE Subtotal	9
Express it! Enter your food and its POINTS value: Food: POINTS:	Evening	
[ ADD	Subtotal	0
EDRIS Columbia	Snock	_
Find lips from others on	Subtotal	의
Need Help? Go to the	1102 Total Food POINTS used	18
Journal User Guide: W	Total Food POINTS left for today	۳
	Exercise	긐
	C 60 min jogging Total Activity POINTS earned	눼
at the popular to make and find combon to		긕
Calculate POINTS for recipes and food combas (up.	Check off daily on these important items  Water 1204 Multivitamin Supplement	
View your med plans	Water 1204 MUNIVIORINI Supplierient	
1202 —	Fruits & Vegelobles 1206 Milk & Milk Products	
	DILITE CHECKED HEMS SAVE & BAY	K
1	Didit order	=
<b>E</b> )	Internet	

FIG. 12

900d

	<u>.</u>	·						_
<b>(F)</b>								
File Edit View Go Favorites Help								g ]
⇔ . ⇔ . ⊗ B . Ø   Ø	-	<b>(A)</b>	(3)	67	<b>}</b> ▼ 6	<b></b>	₩ .	
		ovoriles Medi	_	ry Mai	a P	Print	Edit	
Address Athresis Address Address Athresis Athresis Address Athresis Address Address Athresis Address Address Athresis Athresis Athresis Address Address Athresis Athr	=		-				<b>₹</b>	<b>`</b> 60
nources <u>La la la</u>		find a meeting	about v	my pro	ofile site	map h	elp LOGOL	
								-11
home my plan community sucess stories food &		oines healthy	life f	itness	iust for	me s	hos	$\exists$
							( pani	ָ ע
Journal Weight Tracker Progress Charts My Favorites POINTS	Laic	nigrous/vzsezziu	enthoois	IOI LAN	iglando	to cioox		
914~		•		٠				
my iournal - Friday, Jan 25, 2002 - Target: 27	Rar	ne: 22-27 Bai	nk:0 (i		l <b>day</b> I blank jo	urnd (	(D) user qui	de
my journal - Friday, Jan 25, 2002 - Target: 27	1 102	90	6			·		
Add Food Add Exercise Notes Calendar	4	DELETE CHECKE	) ITEMS				SAVE & BAN	_
Click on any date below to view your journal entries for that		□ Check All			Total	Food PC	OINTS used	24
specific day. To view a different month, click on the forward or		Morning	·	led been		<del></del>	· ·	4
bock аточ».		□ 3 slice(s) c □ 2 large frie			<u> </u>	<del></del>		5
Police Tel 2002 Telesia Deb Calendar Key		WAKE THIS ME					Subtotal	9
2002 1 2		Midday						
1 2 3 4 5	1	□ <u>1 small ser</u>	ving(s)	cooked k	ean beel	f steak		7
6 7 8 9 10 11 12 are viewing		□ 1 cup(s) fr			<u>. · </u>			2
13 14 15 16 17 18 19 Your scheduled veight tracking day		WAKE THIS ME	AL A FAM	ORITE			Subtotal	9
27 28 29 30 31 www journal is complete:		Evening					Subtotal	
1302 POINTS are banked!	L	Snack					30010101	씍
		Siluck					. Subtotal	0
Find tips from others on					Tota	l Food f	OINTS used	18
Need Help? Go to the Journal User Guide the eToots Tip Exchange	_			Total	Food P	OINTS le	ft for today	9
1	۲	Exercise						
<b>E</b>	<del>-</del>				·		itemet	
<b>5</b>						ك		

FIG. 13

**Title: Weight Control System** With Meal Plan and Journal Inventor: Kirchhoff, et al 03968-P0001C

14/28

find a meeting about us my profile site map help 1400 806e just for me sucess stories | food & recipes | healthy life filness community home my plan Articles Recipes | Meal Plans | Recipe Renovation | Recipe Search | Recipe Builder my shortcuts LOGOUT meal plans my 7-day meal plan to weight loss tooks. Welcome Kevinl I'm not Kevirl edit profile Using a meal plan is simple way to kick-start your weight loss. Whether 1404 Pick my ovatars you follow the meal plan to the letter or simply use it for ideas and MY TOOLS inspiration is up to you. For help using the meal plan, see our med JOURNAL plan user quide. WEIGHT TRACKER  $\bigoplus$  murician  $\bigcirc$ view next week's plan see Daily View MEAL PLANS POINTS CALCULATORS add plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **POINTS** RECIPE BUILDER **WEDNESDAY** MY RESOURCES MORNING: Cheese On Intro to etooks o Tools for Living MIDDAY: Veggie Chili

Veggie Chili

EVENIME:
Apriced Turkey Br. Hot elooks lopic of the Week  $\square$ Eating Out Guide elook lip Exchange SNACK: Snacks and edil • Fovorite Recipes edil POINTS POINTS ☑ THURSDAY ☑ FRIDAY Fovorite Boards 23 MY MEETINGS MORNING: MORNING  $\square$  $\square$ 6 Almond Apricol Flokes 75202 sd VIDDAY: HIDDAY: Enter a zip code below  $\square$  $oldsymbol{\square}$ Turkey Re EVENING:
Spicy Pork So
SNACK:
Sovery Snacks **(** EVENING: Orange-Lemmon  $\square$ Don't know zip code MY NEWSLETTER & MORE  $\square$ Throughout the Day Choose your options GET HELP POINTS POINTS Frequently Asked Questions **☑** SUNDAY **⊠** SATURDAY 24 Contact Us MORNING: Rosin Nul Flakes  $\square$ WIDDAY:  $\square$  $\square$ Turkey Sond EVENING: Boked Beef EVENING: Indian Take  $\square$  $\square$ SNACK: Sweets and Treats 5 POINTS POINTS **☑ TUESDAY ☑** MONDAY 23 MORNING: Apple-Almond Top MORNING: Apricot You  $\square$ 5 MIDDAY: Bocon & MIDDAY: Super S  $\square$  $\square$ 6 EVENING: Turkey-S SNACK:  $\square$  $\square$  $\square$  $\square$ Sweet and odd plan to my journal see Doily View <u>view next week's plan</u> FIG.

14

need help? Learn more and answer questions in our med plan user **6** quide. <u>meal plan user quide</u> meal planner profile Plan for Me-Plan Special diel | Regular PONTS rangel 22-27

edit medi plan profile

about medi plans

LOCOUT

Title: Weight Control System With Meal Plan and Journal Inventor: Kirchhoff, et al

Choose your options

Frequently Asked Questions

GET HELP

Contact Us

03968-P0001C

15/28

find a meeting about us my profile site map help LOGOUT

sucess stories food & recipes my plan community

1500a

healthy life

filness

just for me

panic

shop

Learn more and onswer questions in our meal plan user

meal plan user quide

edit meal plan profile

about meal plans

meal planner profile

Plan for Me-Plan

Special diet | Regular POINTS rangel 22-27

need help?

guide.

Articles | Recipes | Meal Plans | Recipe Renovation | Recipe Search | Recipe Builder meal plans my shortcuts LOCOUT my 7-day meal plan to weight loss tools. Welcome Kevinl Using a meal plan is simple way to kick-start your weight loss. Whether m not Kevin edit profile you follow the meal plan to the letter or simply use it for ideas and Pick my ovators! inspiration is up to you. For help using the meal plan, see our meal MY TOOLS plan user quide. JOURNAL WEIGHT TRACKER next day | weekly view MEAL PLANS update my meal plan WED Jan 23 | 23 POINTS POINTS CALCULATORS RECIPE SEARCH Swap for another meal? **☑** MORNING: RECIPE BUILDER POINTS MY RESOURCES Cheese Ornle Intro to eTooks ■ 3 medium egg white(s) Tooks for Living ■ 1 lsp bosil Hot eTools Topic of the Week Eating Out Guide ms 1 az low-fat cheddar ar colby cheese eloots In ■ 1 slice high-fiber bread Exchange ■ 1 cup conned fruit cocklail, pocked in Fovorite Recipes Actes 2 I cup low-fed milk Fovorite Boards Swap for another meal? ☑ MIDDAY: MY MEETINGS **POINTS** 75202 | sell Veggie Chill Enter a zip code below 2 ■ 1 cup Health Valley Wild Vegstarian Chili ⅎ℗ 1 cup fresh vegetable slicks Don't know zip code MY NEWSLETTER & MORE 1 The reduced-calorie solod dressing

**III** cup grapes

Free Margarine

1 The opical jam 1 tsp ground ginger 3/4 medium ocom squash ■ 1/8 tsp ground cinnamon ■ 1 Tosp light butter

■ 1 1/2 cup green snap beans

**☑** EVENING:

☑ SNACK:

Snacks and Treats

■ 1 cup 10-POINT soup ■ 1 cup fresh vegetable sticks

1 slice toosted wheat broad

■ 1 Tosp 1 Can't Believe It's Not Butter! Fat-

Apricol Turkey Breast with Cinnamon Squash ■ 4 oz boneless, skinless turkey breast(s)

Swap for another meal?

POINTS

0

0

POINTS

FIG. 15A

Swap for another med?

<u>1500b</u>

<b>8</b> )			
File Edit View	Go Favorites Help		E
⇔. ⇒.€	3 7 6 8 1	Ø 3 5 6	<b>₩</b> •
Back Forward SI	op Refresh Home Search Favorites	Media History Mail Pri	
Address (F) http://			<b>-</b> €6
· ·	find a r	neeling about us my profile site	moo help LOGOUT
··			
	munity sucess stories food & recipes	healthy life fitness just for m	ne shop
			(panic)
Arti	icles   Recipes   Meal Plans   Recipe Renovation   Re	abe searculiveathe primes	
my shortcuts LOGOUT	meal plans	•	need help?
to weight loss tools.	my 7-day meal pla	11	learn more and onswer questions in our meal plan user
Welcome Kevini	Using a meal plan is a simple way to kick-s	lart your weight loss.	ouide.
Pick my ovalors!	Whether you follow the meal plan to the letter	r or simply use it for lideas	meal plan user quide
MY TOOLS	and inspiration is up to you. For help using	the meal plan, <u>see our <b>meal</b></u>	meal planner profile Plan fort Ne-Plan
JOURNAL	plan user quide.		Special diel   Regular
WEIGHT TRACKER	next day   weekly view	<u> </u>	POINTS rangel 22-27  e earl meal plan profile
MEAL PLANS POINTS CALCULATORS	• • • • • • • • • • • • • • • • • • • •		• about med plans
RECIPE SEARCH	WED Jan 23   23 POINTS	pdate my meal plan	
RECIPE BUILDER	1125 0411 411		506
MY RESOURCES	MORNING: Swap for another	med?	
Intro to elocis Tools for Living	Cheese Orned Cheese Ornele		
Hot eTools Topic of the Week	3 mortium and white Almond Aprical F	akes	
Eating Out Guide eTooks Tip	Yogurt Topped Fi	<b>-</b> 11	•
Evchange	# 1 or low-fort chedd Roisin Nut Flake	11	
Fovorite Recipes	Janeart Yomert S	ndae II	
edil	Apple—Almond To	pped Pancakes	· ·
Fovorite Boards	water	1	
MY MEETINGS	■ 1 cup low-fall milk	2	
<b>B</b>			( Internet
<b>  1527  </b>   • • • • • • • • • • • • • • • • • •			

FIG. 15B

900e

-	<u></u>	
<b>&amp;</b>		
File Edit View Go	Favorites Help	e
	P A Q B Q G E	}
	Refresh Home Search Fovorites Media History Ma	
	Reflesh Home Search Fovortes mean visitely	₩ €6
Address Address http://	find a meeting about us my pr	
	ind a meeting good, end with the	1
	*	
home my plan community	sucess stories food & recipes healthy life fitness	just for me shop panic
	harts My Favorites POINTS®Calculators Assessment Tools for Livi	ng Intro to eTooks
Journal insight Front   Frogress o		
my shortcuts LOCOUT	mulaural m mm 🗇 🛗	i day
to weight loss tools.	my journal → Tuesday, Jan 22, 2002 ► 🖨 🚈	
Welcome Kerin! I'm not Kerin edit profile	Thanks!	Back to the journal.
Pick my ovators!	Here's how you did today:	
MY TOOLS		Today's POINTS
JOURNAL TOLONGO	>>> TODAY'S TALLY	27
WEIGHT TRACKER MEAL PLANS	Target POINTS for today Food POINTS used	28
POINTS CALCULATORS	Activity POINTS earned (maximum 4 per day)	4
RECIPE SEARCH	Banked POINTS	3
RECIPE BUILDER MY RESOURCES	Dunker 1 Civil 3	
Intro to eTooks		
Tools for Living Hot eTools Topic of the Week	DANK BALANCE	Today's POINTS
Eating Out Guide eTools Tip	Your new bank balance	3
Exchange edit	Your bank balance will reset to zero on:	Wednesday, Jan 30, 2002
Fovorile Recipes		
<u>edit</u>	Thanks for journaling laday! We'll see you tammorrow	
Fovorile Boards -	Need Help? Go to the Find tips from	others on
MY MEETINGS	Need Help? Go to the the etools To	
E		Internet

FIG. 16A

900f

			•	
File	Edit View Go Favorites Help			e
<del>-</del>		orites Media History	■ S Mail Print	
Back				<b>□</b> ♥ω
Address	s (a) http://	ind a meeting about us a	ny profile site mo	ip   help LOGOUT
home	e my plan community success stories food & recip	es healthy life filme	ess just for me or Living Intro to e	shap panic
	914 —		and day	
<u> </u>	OURNAI - Tuesday, Jan 22, 2002 - Target: 27 Range	e: 22-27 <u>Bank:</u> 0 🖽	print blank journa	l (D) rest dripte
You	ur journal has been saved!	POINTS you wish to bank	print blank journal	k Yes"
You			print blank journal	k "Yes" Need Help? Go to the
You	ur journal has been saved!  Below is a summary of your POINTS Simply select the number of	POINTS you wish to bank Today's POINTS 27	for the day and click	k "Yes" Need Help? Go to the Journal User Guide
You	Below is a summary of your POINTS Simply select the number of  Target POINTS for today  Food POINTS used	POINTS you wish to bonk Today's POINTS 27 28	for the day and click	k "Yes" Need Help? Go to the
You	Below is a summary of your POINTS Simply select the number of  Target POINTS for today	POINTS you wish to bonk Today's POINTS 27 28 4	for the day and click	k "Yes"  Need Help? Go to the Journal User Guide  Find tips from others on the eTools Tip Exchange
You	Below is a summary of your POINTS Semply select the number of  Target POINTS for today  Food POINTS used  Activity POINTS earned (maximum 4 per day)  Banked POINTS	POINTS you wish to bonk Today's POINTS 27 28 4	for the day and click	k "Yes" Need Help? Go to the Journal User Guide Find tips from others on the eTools Tip Exchange 1604a
You	Below is a summary of your POINTS Simply select the number of    Image: Point of the content of the point of	POINTS you wish to bonk Today's POINTS 27 28 4 3 -	for the day and click	k Yes"  Need Help? Go to the Journal User Guide  Find tips from others on the eTools Tip Exchange  504a 1604b  yes
You	Below is a summary of your POINTS Simply select the number of  Target POINTS for today  Food POINTS used  Activity POINTS earned (maximum 4 per day)	POINTS you wish to bonk Today's POINTS 27 28 4 3 -	for the day and click	k Yes"  Need Help? Go to the Journal User Guide  Find lips from others on the eTools Tip Exchange  504a 1604b
You	Below is a summary of your POINTS Simply select the number of  Target POINTS for today  Food POINTS used  Activity POINTS earned (maximum 4 per day)  Banked POINTS  Are you done for the day and recovered the country of the country of the day and recovered the country of the day and recovered the country of the coun	POINTS you wish to bonk Today's POINTS 27 28 4 3 -	for the day and click	k Yes"  Need Help? Go to the Journal User Guide  Find lips from others on the eTools Tip Exchange  504a 1604b

FIG. 16B

Title: Weight Control System-With Meal Plan and Journal Inventor: Kirchhoff, et al 03968-P0001C

19/28

Articles Recipes Meal Plans Recipe Renovation Recipe Search Recipe Builder

find a meeting about us my profile site map help

LOCOUT

shap

ne my plan community

sucess stories food & recipes

1700

healthy life

filness

just for me

panic

FREE! for all visitors LOGOUT my shortcuts Share your results of search or browse to weight loss tools. lovorite recipes Welcome Kevin! with new friends Search Details: Keywords: chicken. Points Range: 5 to 7 I'm not Kevin edit profile Pick my ovators! Go to community Recipe orev next Your search returned 48 recipes page 1 of 3 MY TOOLS 200 Search Keywords: chicken JOURNAL for subscribers only WEIGHT TRACKER POINTS range: [5 FIND N POINTS calculator MEAL PLANS Find POINTS for thousands 1702 Looking for mor options? Refine your search. POINTS CALCULATORS of foods. - Calculate food POINTS RECIPE SEARCH RECIPE BUILDER Time Cource Recipe, POINTS per serving recipe plans MY RESOURCES 55 min Main Meals Apple Braised Chicken, 5 Find PONTS for your Intro to elooks fovorite recipes. Main Meats 30 min Baked Chicken with Sun dried Tomato Sauce, 5 Tools for Living Calculate recipe POINTS 30 min Hot eTools Topic of the Week Main Meals Barbecue Chicken and Black Bean Fizza, 7 Eating Out Cuide Main Meats 45 min recipe plans Gel delicious medi Bosque Chicken, 7 elook **Tio** Main Meals 40 min Chicken and Dumplinas, 5 Exchange suggestions for every day of Main Meaks, Source 33 min Chicken and Sausage Gumbo, 6 the week Favorite Recipes • 37 min Main Meats Chicken Burnitos, 5 View Med Plans edi Main Meats 60 min Chicken Enchilodos, 7 • Favorite Boards Main Meats 25 min . Learn more about Chicken Failtas, 6 MY MEETINGS subsciber benefits Main Meals 22 min Chicken Fingers with Barbecue Sauce, 5 75202 sol Main Meats 45 min Chicken in Apricol Souce, 5 Enter a zip code below 50 min Main Meals Chicken Jambalana, 6 **(** Main Meals 31 min Chicken Mole Wrops, 7 Don't know zip code 330 min Main Meats Chicken Poello, 7 MY NEWSLETTER & MORE Sandviches 35 min Choose your options Chicken Paramigiana Sandwich, 6 GET HELP 20 min Main Meals, Side Chicken Poppers, 6 Frequently Asked Questions Dishes Contact Us Main Meats 65 min Chicken Pot Pie, 6 **Wrin Meds** 20 min Chicken Salad in Whole-Wheat Bread Bowl, 5

Browse Search Keywords: Chicken

FIND POINTS range: 5 to 7 FIND

Looking for mor options? Refine your search.

Chicken Stewed with Artichokes and Tornatoes, 5

Your search returned 48 recipes

Chicken Soute with Pine Nuts, 6

page 1 of 3

Main Meals

Main Meats

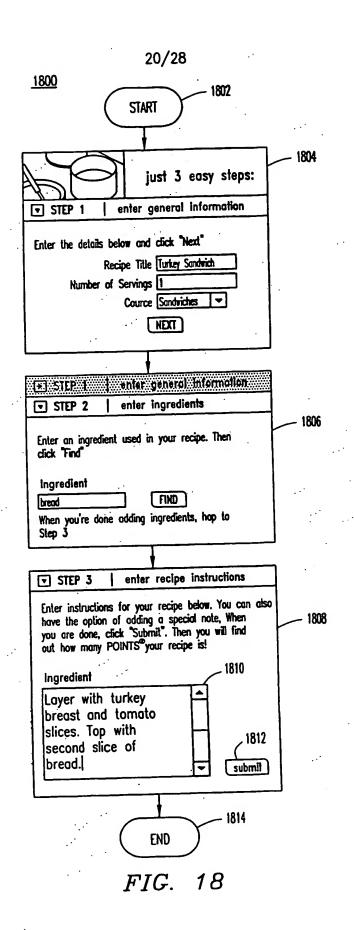
v <u>next</u>

25 min

50 min

FIG. 17

Title: Weight Control System. With Meal Plan and Journal Inventor: Kirchhoff, et al 03968-P0001C



€8066	<u>1900</u>	find a meeting o	about us my profit	elsite mopliheto	
home my plan comm		food & recipes health		just for me	shop p
Journal Weight Trocker   Progr	ess Charts[My Fayorites[PO] — 808b	NTS <sup>®</sup> Calculators Assessmen	nt Tools for Living tr	itro to eTools	
my shortcuts LOCOUT to weight loss tooks.	weight track	er Wednesday, January	16,2002	• Ma	
Welcome Kevini	Total weight loss	Most recent weight: 221.61hs		. Enl	w & Edit Weighter Previous We
I'm not <u>Kevin</u> edit profile Pick my ovotore!	10.0 LBS.	POINTS Range: 22-27   Meeting day: Monday	~ 1902		distinct Information
MY TOOLS  JOURNAL				<ul><li>Stort</li></ul>	nt loss profile ing reight 22
WEIGHT TRACKER	Milestones: 557			. Weid	difference: 200 ht good: 150.9
MEAL PLANS POINTS®CALCULATORS		(1 <u>n</u>	V	• [di	ht fost 2 My Profile
RECIPE SEARCH	Thank You	(H	) VIEW PROGRESS O		nd the scale belter grip on
RECIPE BUILDER MY RESOURCES	Thank you for	r logging your weight this	s week!	veight- time y	on court dioce
Intro to elooks Tooks for Living	Please return Share stot	next Monday to log your ries on <u>Toles from the S</u>	cale	Click to you'd	he pounds to : hove to lift.
Hot eTools Topic of the Week  Fating Out Guide	L. Dam soner state			<u></u>	5b   10b
elook Tip Exchange edit	DITTER PREVIOUS WEIGHT	<b>/</b> .			4 slicks of bu
Fovorite Recipes	health & safety	getting to	learn more, weigh less		•
Favorite Boards -	we put your	weight goal	Make	the .	
MY MEETINGS 75207   edit	health and safety first.	you lost big this week or	frien	your d each	•
Enler a zip code below	Learn about how your	were a little disappointed,	veel getti	ing tips	
Don't know zip code	weight and weight— loss efforts can affect	remember to take time out to get	from weight—loss experts and fellow		
MY NEWSLETTER & MORE Choose your options	your health.  What's your BMI	insired oil over	dieters dike!  The Great Weight		
GET HELP Frequently Asked Questions	Effects of Ropid Weight	■ 18 Ways to Reward Yourself	<ul> <li>20 Weight Loss (from Real Meeting</li> </ul>		•:
Contact Us	MODE		À		
	· · · · · · · · · · · · · · · · · · ·	<u>Create a Motivating</u> Strategy	Coers!		

Change your country

Terms & Conditions | Privacy | For subscribers only. Subscription Agreement

FIG. 19

22/28

find a meeting about us my profile site map help LOCOUT 2000 healthy life just for me shop sucess stories food & recipes home my plan community panic Journal|Weight Tracker| Progress Charts July Favorites|POINTS®Calculators|Assessment|Tools for Living|Intro to eTools progress charts my shortcuts LOCOUT progress charts. to weight loss tools. Refer to the progress chart to get a visual of your weight-loss progress. To view other months, select Welcome Kevin! previous or next below. To make sure your progress chart is occurate, you can enter previous weights I'm not Kevin edit profile Pick my ovatars or <u>edit</u> weights you have already entered. MY TOOLS JOURNAL WEIGHT TRACKER 2002 MEAL PLANS POINTS CALCULATORS 2008 10% 220 RECIPE SEARCH 200 2004 RECIPE BUILDER 180 MY RESOURCES 离 160 140 Intro to efoots 120 Tools for Living Hot eloots lopic of 100 Eating Out Guide elook lip Exchange Fovorite Recipes edil Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week. Fovorite Boards MY MEETINGS 75207 cd Enter a zip code below Milestones: 55 2006 Don't know zip code MY NEWSLETTER & MORE Choose your options 5 POUNDS ADD'L GET HELP Frequently Asked Questions Contact Us 200 POUNDS 150 POUNDS 100 POUNDS 75 POUNDS 10% TARGET 75 POUNDS

FIG. 20

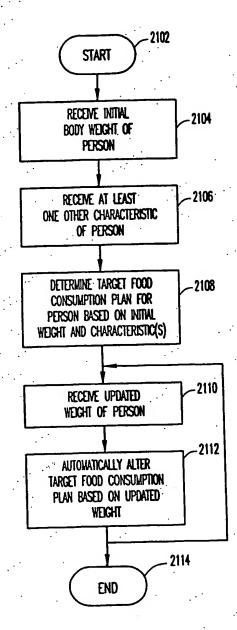


FIG. 21

2200

find a meeting about us my profile site map help LOCOUT

my plan community

food & recipes sucess stories

healthy life

just for me

shop

my shortcuts LOCOUT to weight loss tools. Welcome Kevin! I'm not Kevin edit profile Pick my ovolors! MY TOOLS JOURNAL WEIGHT TRACKER MEAL PLANS POINTS CALCULATORS RECIPE SEARCH RECIPE BUILDER MY RESOURCES intro to elooks Tools for Living Hot eTools Topic of the Week **Eating Out Guide** elook To Exchange Favorite Recipes Fovorite Boards MY MEETINGS

75202 edit

Enter o zip code below

Don't know zio code

Choose your options

**GET HELP** 

Contact Us

**(b**)

MY NEWSLETTER & MORE

Frequently Asked Questions

...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get started.
- My weight-loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- . I goined this week.
- ! con't do this
- I just ate a whole chocolate cake
- I can's stop overeating!
- Everybody I know is losing weight except me.
- I'm stressed:
- . My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will I stay on track while away?
- My friends have asked me to go out to eat with them.

- I have zero POINTS left for the dav:
- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- I'm bored with trying to lose weight.
- I'm frustrated with trying to lose weight.
- I hate exercising.
- I've lost my motivation.
- . I feel thinner and look thinner, but I'm not losing pounds.

your best resource Thousands of people just like you use our chal and message boards for inspiration and

encouragement. See how they tacked the problems you loce.

on to newbie board

your best resource Our leaders provide the best constrers to di your questions about weight

find a meeting

get help Panicking cause you're having problems using some of the tools on our site? frequentity asked questions

2202

25/28

<u>2300</u>

		ก
<b>6</b> )	· ·	4
<u>File Edit View</u>		╢
⟨⇒ • □ • (		-
Back Forward S	itop Refresh Home Search Favorites Media History Mail Print Edit	4
Address ( http://	₹ 60	1
	find a meeting about us my profile site map help LOGOUT	
		-
	omunity success stories food & recipes healthy life fitness just for me shop	- 11
1 11011110   111/   111/11	panic )	
Journal Weight Tracker Prog	gress ChartsMy Favorites POINTS®Calculators Assessment Tooks for Living Intro to eTooks	
my shortcuts LOCOUT	my profile	-
to weight loss tools.	edit public profile	
Welcome Kevin!		1
Pick my ovatars!		- {
MY TOOLS	Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as	
JOURNAL WEIGHT TRACKER	your fovorite quote, below. When you are done, click "Submit."	
MEAL PLANS	Important: Any information you can consent to being publicly available can be seen by any user on this	1
POINTS CALCULATORS	website Learn more about public profiles:	-
RECIPE SEARCH	2304 2302 submit	1
RECIPE BUILDER  MY RESOURCES	make nuhic User nome: John Smith	
Intro to elooks		
Tools for Living Hot eTools Topic of the Week		. !
Eating Out Guide	☐ 86rthdate: 07/14/66	
elooks lip		
Exchange edit	Morital status: Single	
Fovorite Recipes  edit	Number of children: 0	
Fovorite Boards	Profession: Professional (e.g.,doctor, lanyer)	
MY MEETINGS	Astrological sign: Concer	
75202   edi	Wy home page: http://www.workplace.com	· ·
Enter a zip code below	Coulting to the country of the count	
Don't know zip code	Astrological sign: Beam me up, scoule	
MY NEWSLETTER & MORE		
Choose your options	Enter your start, goal and current weights below. It will display in this	:
GET HELP Frequently Asked Questions	order in your signature: 180/169.4/141	
Contact Us	Stort weight: 223 lbs	
	Current veight: 221 bs	
	Weight good 150 lbs 2306	
. *	finduz	
		<u></u>
E)	<b>○</b> Internet	/.

2400a

Cack Forward Stop	Refresh Home Seorch Fo	nvorites Media His	story Mail	S W . Print Edit  C Go
A ACRIT 1000 seems	share favorite references  Share favorite references  Welcome the plant occurring detailed occurring occur	e to Community Recipe ce to share your most —worthy recipes with o mity. You can diso sear se of more than 200 r g).  2402  SEARCH  User Name smiles_miti dechantitione jennilergracem justieveil akes pli2001 mamocake kcronise bswan628 suzanneh7	fitness just for Swap, desicious, our online th our growing	te map help LOGOUT

03968-P0001C

2400b

27/28

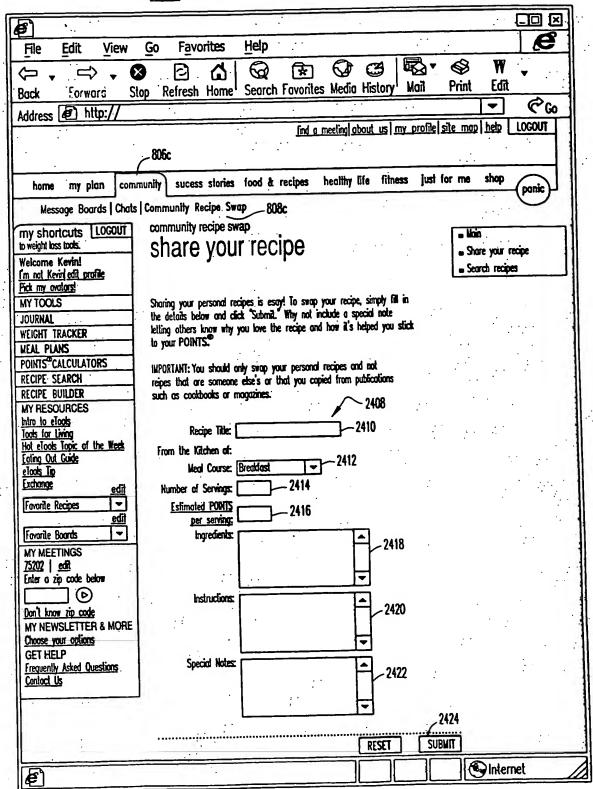


FIG. 24B

2400c

<b>3</b> ).		
File Edit View	Go Favorites Help	E
<	Top Refresh Home Search Favorites Media History Mail	S W . Print Edit
Back orward S Address (2) http://	top iterical forms constant	₹ 60
	find a meeting about us my profile s	
	munity sucess stories food a recipes thought the	panic
Message Boards   Chat my shortcuts   LOCOUT to weight loss tooks.  Welcome Keviral I'm not Keviral soft profile Fick my ordered MY TOOLS  JOURNAL WEIGHT TRACKER MEAL PLANS POINTS CALCULATORS RECIPE SEARCH RECIPE BUILDER MY RESOURCES Intro to clocks Tools for Living Hot clocks Tooks of the Week Ealing Out Goids elooks Tip Froverite Boards  MY MEETINGS  75202   soft Inter a zip code below  MY MEETINGS  75202   soft Inter a zip code MY NEWSLETTER & MORE Choose your ordions GET HELP Frequently Asked Questions Contact Us	Browse or search more than 2000 user-recommended recipes below.  2426  browse recipes All   - FIND    24280   2428b  Search Search by: 6 recipe name   user name    Enter Name:   FIND    refine search   Search for any combination of categories below. The more options you chasse, the more refined your search will become.  2430  Range:   to   2434  Meal Course   Beverages   Light Meals   Side Dishes    Breatfast   Main Meals   Snocks    Cates   Sandeiches   Soups    Desseris   Sauces    Posting Date   Search for recipes posted in the lost   Alichaels    FIND    FIND	Share your recipe Search recipes  Subscriber highlight  recipe search Find what you're crowing Search more than 700 official recipes.  Go to Recipe Search Learn more about subscriber benefits  for subscribers only  POINTS calculator Find POINTS for thousands of foods.  Calculate food POINTS  recipe builder Find POINTS for your fororite recipes.  Colculate recipes POINTS  meal plans Get deficious meal suggestions for every day of the week.  Very Neal Plans  Learn more about subscriber benefits
	J	
<b>B</b>		Internet

FIG. 24C